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Tiivistelmä-Referat-Abstract
Body weight is closely related to several known cardiovascular risk factors and may also have an independent effect on the risk of coronary heart disease (CHD). The cardiovascular risk factor levels of the Finnish population have been assessed in Finland since 1972, though in the beginning the surveys were done to evaluate the North Karelia Project, which was a community-based preventive program and a National cardiovascular risk factors monitoring system was developed to assess the effectiveness of the national strategy.
The purpose of this report was to examine cross-sectional data to assess the independent contribution of Body mass index (BMI) and Waist-hip-ratio (WHR) to the risk of Cardiovascular disease (CVD) and to find out the importance of WHR for the incidence of chronic diseases in 4110 Finnish men and 4084 Finnish women between the ages 25-74 years old who were participants in the 1997 examinations of FINMONICA-Project and were not treated for with cardiovascular medication. BMI was used as a measure of obesity and WHR as fat distribution measurements and both were adjusted for age, on cholesterols, and blood pressures in separate models for men and women in the data. Obesity were estimated from body weight, height and the body fat from skinfold-thickness measurements.
The analysis is confined to the relationships between the risk factors and this risk factors was divided into two groups, the first consisting of the operational measures of cholesterols level and blood pressures respectively High density lipoprotein cholesterol (HDL), Non high density lipoprotein cholesterol (NHDL), Ratio of HDL and NHDL (HNR), Systollinen blood pressure (SYS1) and Diastollinen blood pressure (DIAS1), while the second consist of obesity (BMI) and body fat (WHR). The analysis was done to study the interaction effect of obesity and body fat on cholesterols level and blood pressures. BMI and WHR interaction effect was only significant in NHDL ($P > 0.0071$) and almost significant in HNR ($P > 0.0789$) in men and no significant interaction in women. This gender difference could easily have been overlooked if gender had been included in the analyses of variance as an explanatory factor.

Avainsanat-Nyckelord-Keywords

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